

# 020-222<sup>Q&As</sup>

ACSM Health/Fitness Instructor Exam

**Pass ACSM 020-222 Exam with 100% Guarantee**

Free Download Real Questions & Answers **PDF** and **VCE** file from:

<https://www.certbus.com/020-222.html>

100% Passing Guarantee  
100% Money Back Assurance

Following Questions and Answers are all new published by ACSM  
Official Exam Center

- ⚙️ **Instant Download** After Purchase
- ⚙️ **100% Money Back** Guarantee
- ⚙️ **365 Days** Free Update
- ⚙️ **800,000+** Satisfied Customers



#### QUESTION 1

Which of the following are symptoms of hypoglycemia?

- A. Hypotension.
- B. Cold, clammy skin.
- C. Tachycardia and slurred speech.
- D. Bronchospasms and hyperventilation.

Correct Answer: C

---

#### QUESTION 2

Hydrodensitometry (hydrostatic weighing, underwater weighing) has several sources of error. Which of the following is NOT a common source of error when using this technique to determine body composition?

- A. Measurement of the vital capacity of the lungs.
- B. Interindividual variability in the amount of air in the gastrointestinal tract.
- C. Interindividual variability in the density of the individual lean tissue compartment.
- D. Measurement of the residual volume.

Correct Answer: A

---

#### QUESTION 3

Lead V1 is located at the

- A. Fifth intercostal space, left sternal border.
- B. Midclavicular line, fourth intercostal space.
- C. Fourth intercostal space, right sternal border.
- D. Midclavicular line, lateral to the xiphoid process.

Correct Answer: C

---

#### QUESTION 4

Complaints of pain in the chest with associated pain radiating down the left arm may be signs of

- A. Cardiac crisis.
- B. Hypotension.
- C. Seizure.
- D. Heartburn.

Correct Answer: A

---

#### **QUESTION 5**

An equipment maintenance plan should include

- A. A floor plan.
- B. A client advisory statement.
- C. A document that records maintenance and repair history.
- D. Temperature and humidity readings.

Correct Answer: C

---

#### **QUESTION 6**

Which of the following is NOT considered to be an absolute contraindication to exercise testing?

- A. Unstable angina
- B. Psychosis.
- C. Suspected myocarditis.
- D. Moderate valvular heart disease.

Correct Answer: D

---

#### **QUESTION 7**

A patient who exhibits tachycardia, diaphoresis, light-headedness, and visual disturbances may be experiencing

- A. Hypoglycemia.
- B. Congestive heart failure.
- C. Hyperglycemia.
- D. Hypotension.

Correct Answer: A

---

**QUESTION 8**

Category 1 medications include all of the following EXCEPT

- A. Lidocaine.
- B. Oxygen.
- C. Xylocaine.
- D. Epinephrine.

Correct Answer: C

---

**QUESTION 9**

Safety procedures for clinical staff help protect them from

- A. Bloodborne pathogens.
- B. Theft.
- C. Violent patients.
- D. Work-related injuries.

Correct Answer: A

---

**QUESTION 10**

Adults age physiologically at individual rates. Therefore, adults of any specified age will vary widely in their physiologic responses to exercise testing. Special consideration should be given to older adults when giving a fitness test, because

- A. Age is often accompanied by de conditioning and disease.
- B. Age predisposes older adults to clinical depression and neurologic diseases.
- C. Older adults cannot be physically stressed beyond 75% of age-adjusted maximum.
- D. Older adults are not as motivated to exercise as those who are younger.

Correct Answer: A

---

**QUESTION 11**

The most accurate screening method for signs and symptoms of CAD is a

- A. Maximal exercise test with a 12-lead ECG.
- B. Submaximal exercise test with a 12-lead ECG.
- C. Discontinuous protocol, stopping at 85% of maximal heart rate.
- D. Continuous protocol, stopping at 85% of maximal heart rate.

Correct Answer: A

---

**QUESTION 12**

Exercise clothing

- A. Creates an important fashion statement.
- B. Should be bright so that you are easily seen in an aerobics class.
- C. Has only one rule: be comfortable.
- D. Must be safe and performs appropriately, like the exercise equipment.

Correct Answer: D

---

**QUESTION 13**

In developing an emergency plan, program administrators must take into account all of the following factors EXCEPT

- A. Type of flooring.
- B. Type of electrical wiring.
- C. Ventilation, temperature, and humidity.
- D. Types of exercise equipment.

Correct Answer: D

---

**QUESTION 14**

Although 12-lead testing is the optimal ECG configuration, if only one lead can be used, which one should it be?

- A. Lead II.
- B. Lead AVL.

C. Lead V5

D. Lead V1

Correct Answer: C

---

#### QUESTION 15

A male client is 42 years old. His father died of a heart attack at age 62. He has a consistent resting blood pressure (measured over 6 weeks) of 132/86 mm Hg and a total serum cholesterol of 5.4 mmol/L. Based on his CAD risk stratification, which of the following activities is appropriate?

A. Maximal assessment of cardiorespiratory fitness without a physician supervising.

B. Sub maximal assessment of cardiorespiratory fitness without a physician supervising.

C. Vigorous exercise without a previous medical assessment.

D. Vigorous exercise without a previous physician-supervised exercise test.

Correct Answer: C

[020-222 PDF Dumps](#)

[020-222 Study Guide](#)

[020-222 Brindumps](#)